

What is claimed is:

1. A golf swing training apparatus for teaching a proper golf swing, said apparatus comprising:
  - a) a shaft having a lower end and an upper end, said upper end including a  
5 hand grip; and
  - b) a club head attached to said lower shaft end, said club head having a ball striking face, a rear portion and a ball-capturing cavity within said club head, said cavity opening to a ball-receiving aperture centered on said ball-striking face, wherein  
10 said ball receiving aperture is sized to receive a golf ball sized object, and wherein said ball-capturing cavity is decreasingly tapered such that a golf ball sized object entering said ball-receiving aperture as a result of a proper golf swing will be lodged within said ball-capturing cavity.
2. The apparatus of claim 1, wherein said club head is made from materials  
15 including combinations thereof selected from the group consisting of metal, wood and plastics.
3. The apparatus of claim 1, wherein said club head has a weight between 190  
20 and 210 grams.
4. The apparatus of claim 1, wherein said club head has a volume between 300 cubic centimeters and 500 centimeters..
5. The apparatus of claim 1, wherein said ball-capturing cavity is a molded recess.

6. The apparatus of claim 5, wherein said molded recess is conical shaped with a maximum diameter slightly larger than an officially sized golf ball and a minimum diameter slightly smaller than an officially sized golf ball.

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7. The apparatus of claim 1, wherein said ball-capturing cavity is a conical bore having a maximum diameter slightly larger than an officially sized golf ball and a minimum diameter slightly smaller than an officially sized golf ball.

10 8. The apparatus of claim 1, further including a practice golf ball that will elastically deform as it lodges within said ball-capturing cavity.

9. The apparatus of claim 8, wherein said practice golf ball is a restricted flight ball made of an elastomeric material.

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10. The apparatus of claim 1, further including an elastically deformable surface that lines said ball-capturing cavity.

11. The apparatus of claim 1, further including a mat having an integral elastic  
20 golf tee for holding a practice golf ball.

12. The apparatus of claim 11, wherein said mat is made of artificial grass.

13. The apparatus of claim 11, wherein said elastic golf tee is made of rubber.

14. The apparatus of claim 1, further including a ball extraction tool for removing a practice golf ball lodged within said ball-capturing cavity.
- 5 15. The apparatus of claim 14, wherein said ball extraction tool is made from an elongated rod that inserts through an opening through said club head into said ball-capturing cavity.
16. The apparatus of claim 15, wherein said opening is a bore extending from said  
10 club head backside face into said ball-capturing cavity.
17. A method for teaching a proper golf swing, said method comprising steps of:  
providing a practice golf club having a club head with a ball striking face and a ball-capturing cavity within said club head, said cavity opening to a ball-receiving aperture  
15 centered on said ball-striking face, wherein said ball receiving aperture is sized to receive an officially sized golf ball and wherein said ball-capturing cavity is decreasingly tapered such that an officially sized golf ball entering said ball-receiving aperture will be captured within said ball-capturing cavity;  
providing an officially sized practice golf ball that will elastically deform as it  
20 lodges within said ball-capturing cavity;  
providing a playing surface with a properly set golf tee for holding said golf ball within a swing plane of said practice golf club;  
placing said golf ball on said golf tee; and

swinging said golf club in an attempt to strike said practice golf ball with the center of said club head striking surface such that said practice golf ball is captured within said ball-capturing cavity.

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